

HARVESTING & DRYING HERBS



Growing Herbs is all about using them for teas and culinary dishes.

Using them during the summer months is great as each time you snip a stem, the plant will branch to create a fuller herb plant.

Another great idea is to harvest the sprigs of herbs to dry for use in the fall and winter months.

Here are tips for harvesting and drying herbs from your garden or Herb Pot.

Harvest

- Harvest regularly to keep the plant growing and branching well.
- Harvest herbs at their peak in early morning. Rinse and use immediately.
- Harvest before flowering by cutting the stems just above a place where side-branches are sprouting from the main stem.
- Wash leaves and pat dry.

Drying

- The best method is air drying. Hang herb stems upside down or dry between sheets of paper towels.
- These following heating methods do affect the content of the herb's volatile oils, though a quick method, the flavor may be less than using the air drying method.
- In a conventional oven, dry herbs at 200° F. Place on a tray with parchment paper. Keep the oven door ajar and check every few minutes.
- In a microwave, wrap the herbs in a kitchen towel and place a glass of water inside for a little moisture. Heat for short bursts of power on high and check after each burst.
- In a food dehydrator, follow manufacturer's recommendation.

Making Herbal Teas

- Chop 1-2 tablespoons of fresh herbs per glassful and place in a warmed teapot.
- Add 2 cups of boiling water and allow to steep for 5-10 minutes.
- Strain herbs out and discard. Use hot or iced as desired.
- For iced tea, add several handfuls of fresh herbs to a pitcher of water.
- Refrigerate, strain and enjoy!

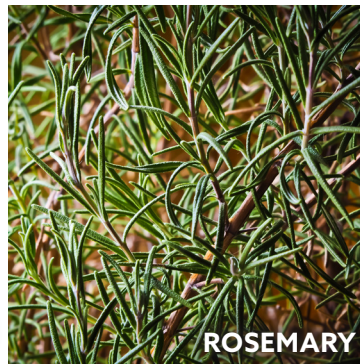
**When using dried herbs, use less, as they are more potent than fresh herbs.*

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Herbs for Tea

| | | | |
|------------------|-----------------------|-------------|------------------------|
| Angelica | Lemon Basil | Pineapple | Strawberry Leaf |
| Bee Balm | Lemongrass | Rosemary | Tarragon |
| Chamomile | Lemon Thyme | Rose Hips | Thyme - Many Varieties |
| Fennel | Lemon Verbena | Rose Petals | |
| Lavender Flowers | Marjoram | Sage | |
| Lemon Balm | Mint - Many Varieties | Savory | |



Interesting Combinations

- Lemon Verbena & Lavender flowers
- Lemon Verbena & Tarragon
- Mint, Rosemary & Lemon Grass
- Lemon Grass & Lemon Verbena
- Ginger, lemon, honey, cayenne pepper. Good for upper respiratory ailments.
- Thyme and sage, with a bit of ginger – great for sore throats.
- Lavender, Chamomile, Bee Balm and Rose Hips: Relaxing and soothing – the rose hips contain vitamin C and A and help reduce coughs.
- Bee Balm has a minty flavor and helps reduce nausea.
- Spearmint, lemon balm, hibiscus flowers, lemon peel, rose petals and cinnamon sticks makes a wonderful iced afternoon tea, perfect for a pick-me-up.

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Tea Recipes

| | Lemon-Mint Tea | |
|--------------------|-----------------------|------------------|
| 2 Parts Lemon Balm | 1 Part Lemon Verbena | 1 Part Spearmint |

| | Mediterranean Tea | |
|----------------------|--------------------------|-----------------|
| 1 Part Summer Savory | 1 Part Marjoram | 1 Part Rosemary |

| | Citrus-Spice Tea | |
|-----------------|-------------------------|--------------------|
| 1 Part Bee Balm | 1 Part Orange Mint | 1 Part Lemon Basil |

| | Stress Relief Tea | |
|-----------------------------|--------------------------|-------------|
| 1 Part Angelica Achangelica | 1 Part Ginger Root | 1 Part Sage |